



DARIEN SENIOR PROGRAMS NEWS

2 RENSHAW ROAD , DARIEN, CT 06820 (203) 656-7490

OPEN MONDAY - FRIDAY 9:00 a.m.- 3:00 p.m. www.darienct.gov

From the Desk of Beth Paris

"But nothing makes a room feel emptier than wanting someone in it..." Calla Quinn

Hello Members of Darien Senior Programs at Mather Center!

To say the Mather Center is not the same without our wonderful members bustling through the hallways is an understatement. We miss the smell of the woodshop; the sound of a full exercise class; the soft hum of conversations; the beautiful creations from the art and craft rooms; the shouts of BINGO; the sound of music- but most of all the laughter of friends gathering enthusiastically and happily. We hope that you are all in good health and staying connected in these trying times. Now for the good news.

Thanks to our new Program Specialist Stacey Johnson, MSW we will have an operating up to date virtual senior center for you to visit daily. There will be weekly emails coming to all of you that have provided us with an address to keep you informed on Center happenings. Stacey and I will have weekly Go to Meeting opportunities for us to chat and brainstorm ideas for classes. For those Darien Residents who do not have computer access please call us to receive a paper copy of the Monthly Newsletter.

Staff is at the Center Monday-Friday 8:30 - 3:00 to answer questions or concerns (203) 656-7490. And finally we are planning to incrementally open the Center by reservation and with all protocols in place. We are waiting to see how the spread of the virus progresses in the next month or so. In the meantime please read the newsletter for upcoming drive through events and themed drive through lunches!

Go Easy!

Beth

Our Mission

The Mission of the Darien Senior Center is to nurture the physical, intellectual, and social well-being of the senior community aged 55 or better by providing a comprehensive and coordinated system of services that enhance individual lives, promotes well-being, dignity and independence throughout the aging process and keep members connected and integrated into the community by collaborating with other agencies and organizations who provide support programs and social services to senior, thereby enhancing the independence and wholesome lifestyle for seniors in Darien.

Our Staff

Director Elizabeth Paris, Gerontologist,
eparis@darienct.gov

Program Specialist, Stacey Johnson, MSW
sjohnson@darienct.gov

Clerk/Receptionist Eileen Manhart

Chef Judi Rotar

Building Attendants Nino Vitti &
Ramone Polina

DARIEN SENIOR PROGRAMS NEWS



We're working hard to bring you up to date information on all of the Darien Senior Programs happenings!

News & Updates will be sent in a weekly email blast, a monthly newsletter (also found on our webpage), and coming soon, a Facebook page!

We will also work on keeping the website up to date!! Click [here](#) to see our webpage.

If you are not receiving our email blasts, and you would like to, please give us a call, (also check your spam folder). If you don't have email or access to a computer, please give us a call! (203) 656-7490.

Welcome Our New Program Specialist

Stacey Johnson, our new Program Specialist, graduated Fordham University with both her B.S. in Psychology and MSW in Social Work. Stacey has worked in community based settings and program development for over 20 years. Most recently as the Coordinator of Stratford's Family Resource Center where she especially enjoyed developing multi-generational programming for the community. Stacey lives in Trumbull, CT with her husband, 3 children and family dog. She looks forward to 'meeting' you all soon!



Drive-Through Lunch Program Continues!

Chef Judi is cooking up delicious and nutritious lunches each week at the Mather Center for Darien Residents

Directions: Drive through the Mathers Center—stay in your car and meals will be brought to you!

Reservations for the following week: Call in Monday- Wednesday the week prior between 8:30-11:30 at (203) 656-7490 to reserve your lunches

Menus: Weekly Menus can be found on our webpage: www.darienct.gov or give us a call!

Pick Up: promptly at 12:00 Line up begins at 11:45

Cost: \$ 5.00 per meal - exact Cash or Checks only (make Checks payable to DSP or Darien Senior Programs)

****MASKS MUST BE WORN TO THE DRIVE UP!****

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October Drive-Through Lunch Events!

The below programs are open to
Darien Senior Center Members!



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Drive Through Oktoberfest with Richard Stillman! Wednesday, October 21st Lunch @ noon, Entertainment @ 12:30

Guten Tag! Richard Stillman will perform his October Fest show on the patio outside the Mather Center. Lunch that day is German Fare. Following lunch pick up, staff will direct you to a parking spot to enjoy the show from the safety of your car. Registration is required and space is limited.

Pick up lunch is still available for anyone who wants to grab and go!
Lunch line-up starts at 11:45

Please call (203) 656-7490 to register and/or order lunch no later than October 14th.



Drive-Through Mask-Car-Raid Friday, October 30th - Lunch @ noon!

Decorate your face mask,
wear a themed hat or
decorate your car for Halloween!

Chef Judi is preparing a
Spooktacular meal for us that day!

**Call now for advance reservations
@ 203-656-7490**

More Treats No Tricks!



SAVE THE DATE:

Thankful for You Thanksgiving Dinner!

Wednesday, November 18th

Pick-up @ noon
(line up starts @ 11:45)

Enjoy the musical stylings of
Steve Avitabile as you pick up your
hearty feast

Reservations for the
popular event start
October 26 by calling
us at (203) 656-7490



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Virtual Coffee and Conversation with Beth & Stacey



Grab your coffee or favorite beverage and connect with Beth and Stacey and your fellow Center members from the comfort of your home!

Let us know how you've been doing and help us brainstorm future programs!

We'll be using the Go To Meet platform. To register for one of the upcoming sessions, or for assistance, please call Stacey at 203-656-7490.

Come as many times as you like and stay as long as you can! We're looking forward to 'seeing you'!

Friday, October 2nd at 9:30 AM
Wednesday, October 7th 11:00 AM
Tuesday, October 27th, 1:00 PM

Pleasure through Plants Grab-n-Go Kit

Pick up on Wednesday,
November 4th at 10:30AM

Darien's fabulous Garden Club has come up with a clever idea to help you get your plant fix on!

The Garden Club will provide a limited number of kit that will contain all the materials you need to complete your beautiful project including written directions and pictures!

You can complete the project at your own pace and when it's finished, snap a picture and send to Stacey at sjohnson@darienct.gov

Reservations for the boxes begins on
October 19th by calling 203-656-7490

Registration is limited to
Darien Residents



Join Conversations About Aging/Challenges & Hidden Joys

Visiting Nurse & Hospice of Lower Fairfield County is sponsoring a monthly talk on Zoom on the challenges of aging. The group will share stories, learn and connect with others and perhaps gain a new perspective. Topics include health, self-care, our own unique concerns, loss, exercise and mindset. This is an opportunity to strengthen ourselves and our relationships.

The group is facilitated by Sheila Russo, LCSW and Dede Locke, RN.

Pre-registration is require, please call 203-656-7490

A Zoom link will be sent to those registered prior to the session.

Wednesday, October 14, 10:00—11:00 AM

Wednesday, November 18, 10:00—11:00 AM

Wednesday, December 16, 10:00—11:00 AM

See flyer on page 7 for more information



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**Please Join the Southwestern
CT CHOICES Certified Counselors
For a Virtual Medicare Beneficiary 2020-
2021 Update Presentation**

**Wednesday, October 14th, 2020
3:00 PM - 4:00 PM**

No registration necessary

Click to join Zoom online: [https://
us02web.zoom.us/j/81648919287](https://us02web.zoom.us/j/81648919287)

OR

Call to listen in (audio only): 1-646-558-8656

Meeting ID: 816 4891 9287

For questions please contact Claire at
203-814-3639 or
cvolain@swcaa.org

**Darien Health Department
Flu Clinics
Call to register! 203-656-7490**

A limited number of spots are available for
Darien Seniors on the following days and
times:

Monday, October 5th, 2:30 PM - 4:30 PM
Tuesday, October 13th, 11:00 AM - 1:00 PM
Tuesday, October 20th, 11:00 AM - 1:00 PM
Monday, October 26th, 2:30 PM - 4:30 PM

FREE for Medicare, \$20.00 for Medicare
Advantage Plus.

Fill out paperwork on line and print before
your appointment by [clicking here](#) or pick up
paperwork at Darien Senior Center



Virtual Trips & Tours

Taking a virtual trip and/or a tour is a great way
to explore some of your favorite places or find a
new favorite place, without leaving the comfort of
your home. Here are some ideas to checkout:

- Take an interactive tour of 4 of [America's National Parks](#)
- Stroll the [Great Wall of China](#)
- Check out the Bronx Zoo's live camera page by clicking [here](#)
- Choose any of [Monterey Bay Aquarium's live cams](#), including the sea otter cam (so cute!)
- Go to the Galapagos via this [YouTube video](#)
- Tour [the Vatican](#)

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For more information about all programs and services, visit www.darienct.gov/humanservices or call 203-656-7328

Connecticut Energy Assistance Program

The *Connecticut Energy Assistance Program* helps eligible Darien families with home heating costs. We will begin accepting applications for the 2020-2021 program on Monday, September 14th for households who heat with oil and on Tuesday, October 13th for households who heat with electricity, gas, or propane.

Residents must meet the following income restrictions:

Maximum Household Income

Household Size	1	2	3	4	5	6	7	8
Annual Income	37,645	49,228	60,811	72,394	83,977	95,560	97,732	99,904

Proof of income is required, including:

- Social Security benefits
- Pensions or annuities
- Dividend and interest income
- Employment income
- Child support and/or alimony payments
- Unemployment, workman's comp. or disability payments
- Proof of liquid assets is also required:
- Checking and/or Savings accounts
- Stocks, Bonds, CDs and IRAs

Individuals, couples, and families may have liquid assets up to \$15,000 for home owners and \$12,000 for renters and still be eligible. Applications must be filed by 3/24/21 for households with oil and 4/29/21 for households with gas and electric heat. Please contact Darien Human Services at 203-656-7328 to schedule an appointment. The office is open Monday through Thursday 8:00am to 5:15pm. For more information, please visit www.darienct.gov.

Emergency Call List: The staff of Darien Human Services maintains an Emergency Call List with the names of vulnerable seniors and individuals with disabilities to contact prior to and after a storm or town-wide emergency. The staff will provide reassurance and a wellness check and will also inform residents of resources available in the community, such as Emergency Shelters and Cooling or Charging Centers.

If you are a Darien resident and would like your name added to the *Emergency Call List* or are concerned about an elderly neighbor, please call Darien Human Services at 203-656-7328 or email Ali Ramsteck, Director, LCSW, at aramsteck@darienct.gov.

CONVERSATIONS ABOUT AGING

Challenges and Hidden Joys

Please join us for these three interactive support sessions on Zoom to discuss aspects of aging from a holistic standpoint. We will share our stories, learn from and connect with one another and hopefully gain a new, more expansive perspective. This is a chance to discover hidden joys, share a laugh, and find mutual support. It's an opportunity to strengthen ourselves and our relationships. Enjoy connecting with others who share your concerns and want to live their best life.

These support sessions will be facilitated by Sheila Russo, LCSW, of Visiting Nurse & Hospice of Fairfield County.

- ♥ **Staying Positive during Trying Times** **October 14th 10:00 – 11:00 AM**
The Covid-19 pandemic can make our lives feel a bit out of control. We will explore how we can stay safe and regain our emotional footing during these uncertain times.
- ♥ **Counting our Blessings this Holiday Season** **November 18th 10:00 – 11:00 AM**
Besides staying cozy and warm, how can we expand and share our unique talents and gifts? We will discuss ways to get outside our comfort zone and make a meaningful contribution.
- ♥ **Where Do You Call Home?** **December 9th 10:00 – 11:00 AM**
In this session we will discuss what brings us comfort. What emotional baggage can we leave at the curbside? We will explore ways to make our homes a safe and comfortable place to hang our hat and provide emotional sustenance.



Trusted care. When you need it most.

These support sessions are offered free-of-charge by Visiting Nurse & Hospice of Fairfield County and will be conducted online via Zoom. Please call Stacey Johnson at the Darien Senior Center at 203-656-7490 to pre-register for the group or email her at sjohnson@darienct.gov. You will receive an email with the Zoom meeting link.